

A V O I D F O O D S

With Polycystic Kidney Disease ©

Ahi tuna	Canned soups	Crustaceans	Grain beverage: soy kaffe	Malt liquor	Pepperoni	Red Velvet Cake	Sugar Ⓢ
Alaskan king crab	Cantaloupe transported	Cupcakes	Green Tea	Margarine	Peppers	Rhubarb	Sugar cane juice
Albacore tuna	Carrot cake	Custard	Carrot fish, meat, poultry	Meat balls	Pheasant, commercial	Rice wine	Sugar cookies
Alcoholic beverages	Carrots baby (chlorine)	Dairy Ⓢ	Ham hocks	Meat loaf	Pickled egg	Rice, white	Sunflower seeds
Alfalfa sprouts	Catfish	Danish	Hamburger	Melaleuca	Pickles	Rolls yeasted	Sushi
Aloe (do not eat)	Celery	Dark chocolate	Hard cheese	Melons transported	Pie, lard sugar	Rosemary	Swedish meat balls
Anchovies	Chaparral tea Ⓢ	De-caf coffee	Hash browns	Microwaved food	Piña colada	Sage	Taco
Andouille sausage	Charred meats	De-caf cola	Hawthorne berries	Milk shakes	Pink meats:bacon,hot dog	Saki	Tahini
Animal proteins Ⓢ	Cheddar cheese	De-caf tea	Herring	Milk, cow animal	Pita chips	Salami	Tamari
Apple strudel	Cheerios	Dill pickles	Hershey bars	Miso	Pizza	Salmon	Tea, caffeine Ⓢ
Artificial sweetener	Cheese	Donuts	High fructose corn syrup	Miso soup	Plums	Salt pork	Tempé
Aubergine	Cheese orange	Duck	Hoagies	Mochi	Poke	Sardines	Teriyaki sauce
Bacon	Cheese parmesan	Earl gray tea	Hot chocolate	MSG	Pomegranate juice	Sashimi	Tiramisu
Baguette wheat	Cheese puffs	Éclair	Hot dogs, rindwurst	Nato	Popsicles with sugar	Sausage	Tofu
Baked potato	Cheeseburger	Edamame	Hot tamales with lard	Nightshade plants Ⓢ	Pork	Scallops	Tomato
BBQ meats	Cheesecake	Eel	HT = harmful herb tea	Noni juice & fruit	Pork pie	Scrambled egg white	Trout
Beef Ⓢ	Cheesesteaks	Eggnog	HT: caffeine free Celst.	Oil, canola	Portuguese sausage	Scrambled eggs	Tuna
Beef pork pies	Chicken (chlorine)	Eggplant	HT: chaparral	Oil, cottonseed	Potato	Sesame seed	Turkey commercial
Beer	Chilies	Eggs scrambled	HT: honeyVanillaChamomile	Oil, lavender	Potato chips Ⓢ	Shell fish	Vegetite
Bell peppers	Chips	Enchiladas	HT: lemon zinger	Oil, safflower	Poultry, chlorine bath	Shrimp	Velveeta cheese
Black tea	Chocolate Ⓢ	Ensure	HT: licorice root	Oil, sesame	Pretzels salt	Sloppy Joe's	Vichyssoise
Bleach	Chocolate éclairs	Escarog	HT: red zinger	Oil, sunflower	Prime rib	Sour cream	Vienna sausage
Blood dishes	Chowder	Fermented fish paste	HT: tangerine orange zinger	Oil, tea tree	Produce dipped bleach	Soy	Vinegar
Bluefish	Clotted cream	Filet mignon	Iceberg lettuce	Onion dip	Prunes	Soy milk	Water crackers
Bologna	Clover	Fish cod liver oil	Jalapeno pepper	Organ meats	Pudding	Soy sauce	Wheat
Bovine growth hormone	Clover honey	Fish oil	Juice bottled or canned (BPA)	Packaged vegetables	Pumpkin pie whipped cream	Spaghetti meat balls	Wheat germ
Bratwurst	Cod liver & oil	Fish oily mackerel	Lady fingers	Pappadams	Quail eggs	Spare ribs	Whey
Brinjais (eggplant)	Coffee Ⓢ	Fish oily sardines	Lard	Parmesan cheese	Quail, commercial	Squab commercial	White flour, rice, sugar
Bundt cake	Cola Ⓢ	Fish oily trout	Licorice	Pastrami	Quarter pounder	Squid	White tea
Butter	Cookies	Fish oily tuna	Liver	Paté foie gras	Queen Anne's lace (wild carrot)	Starfruit Ⓢ	Wine
Cacao	Corn beef	Flaxseed	Liverwurst	Patis	Raclette	Steak	Worcestershire sauce
Caffeine Ⓢ	Corn syrup	French fries Ⓢ	Lobster	Peanut butter	Ragu sauce	Stevia Ⓢ	Yeast
Cake	Cream Ⓢ	Fried egg	Lollipop	Peanut butter cookies	Ramen noodles	Stout malt liquor	Yeast baked goods
Canadian bacon	Cream puffs	Fried egg white	Macaroni and cheese	Peanut butter cups	Raw egg whites	Strawberry	Yellow cheese
Candy	Crème fraiche	Fried foods	Macaroni salad	Peanut butter pretzels	Raw eggs	Stroganoff	Yucca
Cane sugar	Crisco	Fructose	Mackerel	Peanuts Ⓢ	Ready eat vegetables, chlorine	Stuffing with wheat	
	Croissant	Grain beverage: postum	Malasadas	Pemican	Red clover tea/honey	Sucrose	

◆ Plant based Alkaline Diet

◆ Neutral Protein 0.6 grams/kilogram

◆ Low Salt 1200 mg sodium Himalayan pink salt

◆ Water

Ⓢ especially harmful HT are Harmful Herb Teas